

## LOCAL AGENCY NUTRITION EDUCATION LESSON PLAN

Local Agency:					
Lesson Title:	Family Time – Active and Fun	Developed by:	USDA	Date:	Apr-11
			<local agency	Review	
		Revised by:	nutritionist name>	Date:	
Lesson Code: Other (document FNEP in general notes) and Physical Activity					
Target Population:		Women and Children		X Group Lesson	
<b>Learning Objective(s):</b>					
Participants identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week. Participants identify and commit to at least two actions to help kids eat in a healthy way, every day.					
<b>Learning Activities:</b>					
Discussion of how to be physically active each day and include children in activity. Participants participate in physical activity during the session. Participants discuss challenges to being active and solutions.					
<b>Content:</b>		<b>Methods, Materials, and Equipment</b>			
Physical activity especially as a family.		Make Family Time an Active Time handout, the Healthy Family Guidebook with recipes and menus, MyPyramid handout/poster,			
				<b>Est. Cost*:</b>	
<b>Evaluation Method:</b>					
Participants respond to question: How often did you exercise for a total of 30 minutes each day?					